

Kindergarten....Here I come!

Welcome to the New Year! This year brings more opportunities for families. The world awaits. Of course along with opportunities come challenges. Some of you will be registering your young one for their first year of kindergarten. School can open up a whole world of excitement and learning. One of the challenges we face, is doing our best to make sure they are ready for this new adventure. Kindergarten is an important time. We are social beings. Being with others offers a multitude of learning opportunities: social skills, motor skills, language, self-discipline, confidence, cognitive learning, all skills we will use for the rest of our lives. At this age the brain and body are craving learning experiences.

There are things we can do that will help children have an easier transition into school and make it a positive experience. Children who are more relaxed and are enjoying themselves, have an easier time participating and learning. Stressed out beings need to spend so much energy just trying to calm themselves and cope, there isn't a lot of energy to focus on learning. What helps your child be in a relaxed, calm focused state?

The big three: Sleep, nutrition and exercise. These are the basics you've been working on forever. They help build strong healthy bodies and brains. Young children need lots of sleep. A good bedtime routine with time to wind down, closeness and caring time with their loving adult, and clear expectations of what comes next (eg. pj's, teeth, story, song, bedtime) can help. Offering a variety of foods, including one you know they like, can help while little ones try out flavours, textures and amounts. Keep treats and high sugar foods (juice, candy, chips etc.) to a minimum so the body fills up with nutrition not empty calories. Fun time to run, jump, crawl and climb is essential to strong bodies and destressing minds.

Social skills: Learning to play with others, requesting help, taking turns, following directions, making choices, asking to join in and play with others and how to handle frustration are all skills we use in social situations. Spoiler alert – As an adult, there are days I am still working on some of these skills. Starting to help your young child learn these skills allows them to be more relaxed in social settings and enjoy them more. Get creative in how you do this.

Model them yourselves, encourage practice with you (safe) and with others (tougher) when you are out and about. Make it fun. Add some silliness to your directions and choices! Celebrate success and laugh about the failures, then try again! Go to playgroup!!

Self-help skills: Getting dressed, opening snack containers, putting things away in backpacks, hanging things on hooks, helping to tidy up and being able to toilet and wash your hands are some of the skills that make everyday living at school easier. Start practicing now. These are skills that take time and practice to learn. Your child doesn't have to be self-sufficient when they start school but every bit of practice helps. It increases confidence, self esteem and a can-do attitude.

Unstructured play: Children learn through play. Free time gives them time to learn and put into practice all the above skills. It allows them to follow their passion and excitement, to listen to their bodies and de-stress, to make choices and deal with the consequences, to explore and be creative and to develop into their own person. Inside and out, unstructured time is essential.

Separation time: Being able to spend time apart is also a skill you can practice. If this is a source of stress for either of you, start with just 2 or three minutes at a time. Keep calm and cool about it, like it's no big deal. Have something interesting going on as a distraction. Reassurances are okay as long as they are kept short. If you make a big deal about it, you are sending the message that this is something to worry about. Giving your child a specific job to do with another person (deliver cookies to another room) gives the child a sense of purpose and accomplishment. Slowly increase the amount of time as you practice.

Start preparing for this new adventure now. See your child as capable and competent!



Alternatives to saying, "You're a 'Good' Girl"

What a good girl! You completed the puzzle, good boy! You're eating a good lunch. What a good line you're making. The weather is good today. This is a good class. Please listen real good as I read a story, okay?

While conducting research in a child care centre I heard a teacher use the word "good" 27 times in one hour. If this continues in an eight-hour span, children could hear it approximately 216 times daily, 1080 times weekly. Imagine how many times children hear the word good in a year!



Hearing the spoken word is one way children learn language. Children who are exposed to a diverse vocabulary develop a higher level of thinking and speaking. An early child psychologist from Stanford University who supported this theory was Albert Bandura. According to Bandura, young children acquire language by observing and imitating adults. Parents and child care providers say words, phrases, and sentences that children may imitate. In some instances, adults may expand children's own utterances, thus encouraging more creative words in their own language production. But often they do not.

Jean Piaget, a Swiss psychologist known for his studies of child development, wrote about accommodation. Accommodation occurs when children change a thought pattern to fit an unexplained piece of data. Children must revise or adapt their thinking when new information does not fit into the old. Children who are deprived of many first-hand learning experiences may never receive enough challenge to existing thought patterns to produce new ideas. When

children are not challenged, they are deprived of the joy and excitement of intellectual activity.

Confusion happens when caregivers respond to a child's behaviour as good – then use the same "good" to praise a child for completing a task. Instead of using words that baffle young children, consider alternative ways to distinguish between a behaviour and a skill.

Instead of This.....

- Joey, this is a good book for you.
- The weather is good today, so we will play outside.
- Children, please eat this good lunch.
- Alyce, your painting is good!
- Roberto, you are a good boy.
- Be good while I tell you a story.
- I wish you boys would be good!
- Susan, your block structure is good.

Try This....

- Joey, I think you will enjoy this book about farm animals.
- The weather is sunny and warm. It's a perfect day to play outside!
- Children, this lunch looks delicious! Let's try one bite from each food item.
- Alyce, you've used many beautiful colours for your painting.
- Roberto, it was very kind of you to share your toys.
- Thank you for listening when I read.
- I like the way Juan is walking. Thank you Paul for helping your friends.
- Susan, you used many different types of blocks to build a very tall building.

CROW has an ongoing need for people to provide child care in their homes throughout Lanark County.

To learn more and to apply: <http://crowlanark.com/.../procedure-for-home-child-care-prov.../>



Workshops

Winter/Spring Parent Support Calendar coming soon! Check our website at www.crowlanark.com

Staff Directory

Children's Resources on Wheels 613-283-0095

General/Reception
 Diane Bennett, Executive Assistant
 Joyce Buckley, Playgroup Facilitator
 Sue Cavanagh, Executive Director
 Linda Cybulski, Playgroup Facilitator
 Peggy Lavigueur, Bookkeeper
 Jennifer Coughlin, Reception
 Janice Kelly, Home Visitor Licensed Home Child Care
 Issie Mullen, Playgroup Facilitator
 Jane Paul, Parent Education Coordinator
 Andrea Snyder, Playgroup Facilitator
 Janet Wheeler, Resource
 Lori Wintle, Playgroup Facilitator

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A new year brings new changes!

Beginning January 1, 2018 Ontario Early Years Centre is transitioning to Early ON Child and Family Centre. You will witness the changes gradually over the year. Below are two versions of the Early ON Child and Family Centre logo that we are required to use and that will replace the Ontario Early Years Centre logo. We would appreciate your input regarding which style you prefer, horizontal or stacked. Send your choice (horizontal or stacked) to reception@crowlanark.com.

Horizontal



Stacked



For more information on the new Early ON initiative follow this link: <http://www.edu.gov.on.ca/childcare/FamilyPrograms.html>

We will continue to update you but please be patient with this change as there may be a few hiccups in the process.





Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Jan 8, 15, 22, 29
Monday	Baby Talk Group at Almonte Library	2 - 3:00 pm	Linda	Jan 8, 15, 22, 29
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	Jan 8, 15, 22, 29
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Jan 8, 15, 22, 29
Monday	Intergenerational Playgroup Smiths Falls — Willowdale Retirement Home	9:30 - 11:00am	Andrea	January 8 (2nd Monday)
Monday	Intergenerational playgroup Almonte — Orchardview Retirement Living	9:30– 11:00am	Andrea	January 15 (3rd Monday)
Monday	Intergenerational playgroup Smiths Falls —Van Horne Retirement Home	9:30– 11:00am	Andrea	January 22 (4th Monday)
Monday	Baby Talk Group at OEYC - Smiths Falls	1 - 2:00 pm	Lori	Jan 8, 15, 22, 29
Monday	Smiths Falls - OEYC - Smiths Falls	9:00 - 12:00 noon	Lori	Jan 8, 15, 22, 29
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Jan 9, 16, 23, 30
Tuesday	Carleton Place - Arena, 75 Neelin Street	9:30 - 11:30 am	Issie	Jan 9, 16, 23, 30
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	Jan 9, 16, 23, 30
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Jan 9, 16, 23, 30
Tuesday	Perth—St. Andrew's Church *Location change*	10:00—11:30 am	Joyce	Jan 30
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	Jan 9, 16, 23
Wednesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Jan 10, 17, 24, 31
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	Jan 10, 17, 24, 31
Wednesday	Baby Talk Group at Carambeck Community Centre	12:30 - 1:30 pm	Issie	Jan 10, 17, 24, 31
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	Jan 10, 17, 24, 31
Wednesday	Perth - Perth & District Union Library	10:00 - 12:00 noon	Joyce	Jan 10, 17, 24, 31
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	Jan 10, 17, 24, 31
Thursday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Jan 11, 18, 25
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	Jan 11, 18, 25
Thursday	Lanark - Maple Grove School	9:30 -11:30 am	Andrea	Jan 11, 18, 25
Thursday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Joyce	Jan 11, 18, 25
Thursday	Baby Talk Group at Taycare Senior Centre - Perth	1 - 2:00 pm	Joyce	Jan 11, 18, 25
Thursday	**NEW** Perth afternoon playgroup—Taycare Senior Centre	1:00—3:30 pm	Parent Run & Joyce	Jan 11, 18, 25
Thursday	**New** Perth Parent Discussion Group—Taycare Senior Centre FREE CHILD CARE	1:00—2:00 pm	Jane	Jan 18, 25
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	Jan 11, 18, 25
Thursday	Perth—Carolina Retirement Suites, 12 Alma St	10:00—11:00 am	Joyce	Jan 11, 25
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	Jan 12, 19, 26
Friday	Perth—Lanark Lodge 115 Christie Lake Rd	10:00—11:00 am	Jen	Jan 12